


June 2026

Parkview Vitality Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 AM: Band Stretching Exercise - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch (DR) Afternoon Reading Circle: MS & GR 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR 5:00 Starlyte Duo Performs (GR)	2 AM: Cardio Drumming - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR Afternoon Gardening Group - MS 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Coronado Island (MS) 4:00 Set Up for Dinner - DR 5:00 PM: Spa & Self Care Social - MS	3 AM: Balloon Tennis - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR PM: Expressions Through Art - MS & GR 4:00 Set Up for Dinner - DR PM: Chair Yoga - MS	4 AM: Cardio Drumming - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR PM: A Day at the Museum - MS & GR 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Balboa Park - MS 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	5 AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR 1:30 Afternoon Snack: MS & GR 2:00 Pet Therapy w/Heart N Soul - GR 4:00 Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30 Abiding Place Ministry - MS	6 AM: Balloon Tennis - MS & GR AM: Saturday News & Coffee - MS & GR 11:30 Set Up for Lunch - DR Courtyard Games Social - MS & GR 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Shelter Island - MS 4:00 Set Up for Dinner - DR PM: Classic Movie Night - Theater	
7 AM Sunday News & Coffee AM: Cardio Drumming - MS & GR 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR 1:30 Afternoon Snack: MS & GR 2:30 Family Bingo & Popcorn - GR 4:00 Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	8 AM: Band Stretching Exercise - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR 5:00 Keyboard Karaoke w/ Glenn (MS)	9 AM: Cardio Drumming - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR Afternoon Baking Social - MS 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: National City - MS 4:00 Set Up for Dinner - DR 5:00 PM: Spa & Self Care Social - MS	10 AM: Balloon Tennis - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR PM: Expressions Through Art - MS & GR 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: Chair Yoga - MS	11 AM: Cardio Drumming - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR PM: A Day at the Museum - MS & GR 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Bonita - MS 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	12 AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30 Abiding Place Ministry - MS	13 AM: Balloon Tennis - MS & GR AM: Saturday News & Coffee - MS & GR 11:30 Set Up for Lunch - DR Courtyard Games Social - MS & GR 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Fiesta Island - MS 4:00 Set Up for Dinner - DR PM Classic Movies (Theater)	
14 AM Sunday News & Coffee AM: Cardio Drumming - MS & GR 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR 1:30 Afternoon Snack: MS & GR 2:30 Family Bingo & Popcorn - GR 4:00 Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	15 AM: Band Stretching Exercise - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR	16 AM: Cardio Drumming - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR Afternoon Gardening Group - MS 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Imperial Beach - MS 4:00 Set Up for Dinner - DR 5:00 PM: Spa & Self Care Social - MS	17 AM: Balloon Tennis - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR PM: Expressions Through Art - MS & GR 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: Chair Yoga - MS	18 AM: Cardio Drumming - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR PM: A Day at the Museum - MS & GR 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Coronado Island - MS 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	19 AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR 1:30 Afternoon Snack: MS & GR 2:00 Pet Therapy w/Heart N Soul (GR) 4:00 Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30 Abiding Place Ministry - MS	20 AM: Balloon Tennis - MS & GR AM: Saturday News & Coffee - MS & GR 11:30 Set Up for Lunch - DR Courtyard Games Social - MS & GR 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Harbor Drive - MS 4:00 Set Up for Dinner - DR PM Classic Movies (Theater)	
21 AM Sunday News & Coffee AM: Cardio Drumming - MS & GR 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR 1:30 Afternoon Snack: MS & GR 2:30 Father's Day Bingo - GR 4:00 Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	22 AM: Band Stretching Exercise - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR	23 AM: Cardio Drumming - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR Afternoon Baking Social - MS 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Balboa Park - MS 4:00 Set Up for Dinner - DR 5:00 PM: Spa & Self Care Social - MS	24 AM: Balloon Tennis - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR PM: Expressions Through Art - MS & GR 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR PM: Chair Yoga - MS	25 AM: Cardio Drumming - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR PM: A Day at the Museum - MS & GR 1:30 Afternoon Snack: MS & GR 2:00 Birthday Celebration w/ Raymond (GR) 4:00 Set Up for Dinner - DR PM: Bingo Social - MS	26 AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR 1:30 Afternoon Snack: MS & GR 2:00 Welcome New Resident Social w/Rikacha Music (GR) 4:00 Set Up for Dinner - DR PM: Chair Tai Chi - GR 5:30 Abiding Place Ministry - MS	27 AM: Balloon Tennis - MS & GR AM: Saturday News Topics & Coffee - MS & GR 11:30 Set Up for Lunch - DR Courtyard Games Social - MS & GR 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: National City - MS 4:00 Set Up for Dinner - DR PM: Classic Movie Night - Theater	
28 AM Sunday News & Coffee AM: Cardio Drumming - MS & GR 10:00 Catholic Communion (C) 11:30 Set Up for Lunch - DR 1:30 Afternoon Snack: MS & GR 2:30 Family Bingo & Popcorn - GR 4:00 Set Up for Dinner - DR PM: Sunday Wind Down - MS & GR	29 AM: Band Stretching Exercise - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR Afternoon Reading Circle: MS & GR 1:30 Afternoon Snack: MS & GR 4:00 Set Up for Dinner - DR	30 AM: Cardio Drumming - MS & GR AM: Parkview News & Coffee - MS & GR 11:30 Set Up for Lunch - DR Afternoon Gardening Group - MS 1:30 Afternoon Snack: MS & GR 1:30 Scenic Drive: Bonita - MS 4:00 Set Up for Dinner - DR 5:00 PM: Spa & Self Care Social - MS	<h3>Activities are Subject to Change.</h3>			<h3>June Culture Topic: Alzheimer's & Brain Health Month</h3> <p>June is Alzheimer's and Brain Awareness Month, a global initiative that aims to raise awareness, inspire action, and encourage conversation about Alzheimer's disease and other forms of dementia. The month gives us an opportunity to learn about the impact of these conditions, how to support those affected, and ways to promote brain health.</p>	